



sandiegocountylibraryevents

Encinitas Community Library

540 Cornish Drive, Encinitas, CA 92024

Phone: (760) 753-7376

May 2012

Spring Crafts. A variety of family crafts for all ages to celebrate spring! *Wednesday, May 2, 3:30 PM*

J Club. Teens with an interest in Japanese language and culture share their expertise. Learn Japanese and try fun cultural activities and snacks—something different every week for tweens and teens! ***Cosplay* on May 24: dress up as your favorite comic book, video game, sci-fi or fantasy character!** *Thursdays 4-5 PM*

You Can Shoot 70 at 70. Marcia Hootman, author of *You Can Shoot 70 at 70*, is a Senior Fitness/Sports Nutrition anti-aging expert will share natural remedies and practices. Learn which ancient spice can ease your aches and pains; simple exercises you can do to keep strong, balanced and flexible; and how to be aware of and replace negative thoughts and words that make your handicap and blood pressure rise. *Wednesday, May 9, 10AM-11AM*

Belly Dance Workshop. Learn from the experts in this hands-on session in Middle Eastern dance. Includes a live performance, warm up and technique followed by series of combinations that take you through a typical Egyptian style cabaret performance. Learn the history and cultural significance of this art form. Plus, it's a fun way to stay in shape! Wear comfortable clothes, hip scarves available. Limited to 50 participants, ages 16 to adult. RSVP required: 760-753-7376 or register at the Reference Desk in person. For more info contact Georgia @ 619-228-3237 *Saturday, May 12, 2012 1-4 PM*

American Red Cross Blood Drive. Blood Drive. To schedule your appointment, please sign up online at www.redcrossblood.org Code: SDLibrary. *Thursday, May 31, 2012 10AM-*

The Voice of Klezmer: Elizabeth Schwartz. Acclaimed Yiddish vocalist Elizabeth Schwartz is one of the world's leading specialists in the Romanian style of klezmer. Accompanied by Yale Strom (violin) she will present an sumptuous feast of new and traditional beloved Yiddish, Ladino and Romanian songs in her celebrated soulful style. *Monday, May 21, 2012 6:30 PM*

Digestive Health: An Ayurvedic Approach with Dave Lesinski (AHSP, M.A. Ed., ERYT-200)
It seems like too many people are dealing with digestive issues these days. Bloating, bad breath, weight gain and fatigue are just a few of the imbalances that have taken a foothold on our society due to digestive disturbance. Join this seminar to

- learn that the "One size fits all" approach to eating/dieting is incorrect
- understand why good digestion is a cornerstone to good health
- acquire specific and easy-to-apply strategies to ensure good digestive health

Wednesday, May 23, 2012 6:30PM

Fostering Personal Power in Children: An Ayurvedic Approach with Dave Lesinski (AHSP, M.A. Ed., ERYT-200). From fear and anxiety to low self-esteem and depression, kids are being challenged with learning to effectively deal with this "emotional weight". Let's take advantage of the teachable moments now so these issues don't persist throughout life. Whether you're a parent or educator you'll enjoy this seminar which will focus on strategies you can begin right away to bring more health and happiness into your child's life. *Wednesday, May 30, 2012 6:30PM*

Computer Classes. *Mondays, 5-6PM*

- May 7: Facebook for personal use
- May 14: Facebook for business use
- May 21: Ebook usage
- May 28: No class-holiday

Programs are Sponsored by the Friends of the Encinitas Library

Your library offers hundreds of free events and classes. Find them at www.sdcl.org

Like us on Facebook! www.facebook.com/encinitaslibrary & www.facebook.com/encinitasteens



Encinitas - Calendar of Events

May 2012						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:30 AM-ESL Classes 1:00 PM-French Conversation 1:00 PM-Silver Age Yoga 2:00 PM-Zumba class 4:00 PM-Tuesday Movie	2 1:30 PM-Silver Age Yoga 3:30 PM- Spring Crafts	3 9:30 AM-ESL Classes 10:00 AM-Rockin' Toddler Time! 11:00 AM-Look, Listen & Learn Preschool Storytime 4:00 PM-J Club 5:30 PM-Help in Spanish 6:00 PM-Adult Creative Writing Class 6:30 PM-Guided Meditation	4 10:30 AM-Bouncing Babies Storytime 3:00 PM-G@merZ Lounge 3:00 PM-Spanish Conversation	5
6 2:00 PM- First Sunday Music Series	7 9:30 AM-ESL Classes 11:00 AM-Rockin' Toddler Time! 5:00 PM-Computer Classes 6:00 PM-Study Zone	8 9:30 AM-ESL Classes 1:00 PM-French Conversation 1:00 PM-Silver Age Yoga 2:00 PM-Encinitas Library Book Club 2:00 PM-Zumba class 4:00 PM-Tuesday Movie 6:00 PM-San Diego Shakespeare Society Monthly open reading	9 10:00 AM- You Can Shoot 70 at 70 1:30 PM-Silver Age Yoga 3:00 PM-Doggie Tales: Read to Dogs 6:00 PM- Acoustic Concert Series	10 9:30 AM-ESL Classes 10:00 AM-Rockin' Toddler Time! 11:00 AM-Look, Listen & Learn Preschool Storytime 2:00 PM-Gentle Yoga 4:00 PM-J Club 5:30 PM-Help in Spanish 6:00 PM-Online Genealogy Research 6:30 PM-Guided Meditation	11 10:30 AM-Bouncing Babies Storytime 3:00 PM-G@merZ Lounge 3:00 PM-Spanish Conversation 3:30 PM-Pre-Teen/Teen Writing Club	12 1:00 PM- Belly Dance Workshop
13	14 9:30 AM-ESL Classes 11:00 AM-Rockin' Toddler Time! 12:30 PM-Toddler Yoga (18 mo – 2 yrs) 1:00 PM-Preschool Yoga (3 – 4 yrs) 5:00 PM-Computer Classes 6:00 PM-Study Zone 6:00 PM-Encinitas Writers' Feedback Group	15 9:30 AM-ESL Classes 1:00 PM-French Conversation 1:00 PM-Silver Age Yoga 2:00 PM-Zumba class 4:00 PM-Tuesday Movie	16 1:30 PM-Silver Age Yoga 6:30 PM- CSI Night with Brande Silverthorn, Forensic Evidence Technician	17 9:30 AM-ESL Classes 10:00 AM-Rockin' Toddler Time! 11:00 AM-Look, Listen & Learn Preschool Storytime 4:00 PM-J Club 5:30 PM-Help in Spanish 6:00 PM-Adult Creative Writing Class 6:30 PM-Guided Meditation	18 10:30 AM-Bouncing Babies Storytime 3:00 PM-G@merZ Lounge 3:00 PM-Spanish Conversation	19
20	21 9:30 AM-ESL Classes 11:00 AM-Rockin' Toddler Time! 5:00 PM-Computer Classes 6:00 PM-Study Zone 6:30 PM- The Voice of Klezmer: Elizabeth Schwartz	22 1:00 PM-French Conversation 1:00 PM-Silver Age Yoga 2:00 PM-Zumba class 4:00 PM-Tuesday Movie	23 1:30 PM-Silver Age Yoga 6:30 PM- Digestive Health: An Ayurvedic Approach	24 10:00 AM-Rockin' Toddler Time! 11:00 AM-Look, Listen & Learn Preschool Storytime 2:00 PM-Gentle Yoga 4:00 PM-J Club 5:30 PM-Help in Spanish 6:30 PM-Guided Meditation	25 All Day-Fine Free Friday 10:30 AM-Bouncing Babies Storytime 3:00 PM-G@merZ Lounge 3:00 PM-Spanish Conversation	26
27	28 All Day-Memorial Day Holiday Closure	29 1:00 PM-French Conversation 1:00 PM-Silver Age Yoga 2:00 PM-Zumba class 4:00 PM-Tuesday Movie	30 1:30 PM-Silver Age Yoga 6:30 PM- Fostering Personal Power in Children: An Ayurvedic Approach	31 10:00 AM-Rockin' Toddler Time! 10:00 AM- American Red Cross Blood Drive 11:00 AM-Look, Listen & Learn Preschool Storytime 4:00 PM-J Club 5:30 PM-Help in Spanish 6:30 PM-Guided Meditation		